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willing to accomplish their object at such a cost; and this is significant, since the central directory plan originated in, and has been chiefly promoted by, the Johns Hopkins members of the state association. No doubt this same condition exists in other alumnae associations in Maryland; no doubt the breaking up of present centres of professional and home life seems too grave a matter to be entered into lightly and unadvisedly, and is one reason that the central registry idea has few adherents among private duty nurses, no matter from what school they graduated.

This is the present situation in Maryland. Those who earnestly believe in the inherent justice and *rightness* of the idea are still confident of eventually developing a directory in the beautiful Medical and Chirurgical Building, which shall meet the approval of all factions; but this will come when the whole body of nurses wish it, and not before. When the work requires it, living apartments for the registrar will be provided in the building as for the librarian.

Whatever the outcome, Maryland nurses owe a debt of gratitude to the doctors who have given us a place in their handsome headquarters, and whose generous, fairminded co-operation has allowed us to keep in our own hands one of the most important of all nursing matters. The issue may not be so satisfactory in all places, however, and this review of Maryland affairs is written as a warning and encouragement to nurses in other cities who are still hesitating, as we are here, over the central directory question.

A MARYLAND NURSE.

#### RELIGION AS A FACTOR IN THE NURSE'S SUCCESS

DEAR EDITOR: In the early days of training schools, their work was taken up almost entirely by women of philanthropic aims, women of deep thought and sober lives, who looked upon their work of nursing the sick as a means of service to humanity. Gentle, kind, enduring, self-sacrificing, finding reward *in*, rather than for, their work.

As the years have wrought such colossal changes in the systems and methods of administration of training schools, changing the sometimes crude and unscientific work of former years into the skilful accomplishments of the training schools of to-day, have they not in no less degree altered the standard and characteristics of the nurse herself? How does the finished product of an educational basis compare with her professional predecessor in all those qualities that have made the name of "nurse" almost as sacred and revered as that of "a Sister of Charity"?

It would almost seem that the strenuous training of to-day was repressing all the individuality of our nurses, making them appear indifferent and mechanical in their services to others, quite dispelling that beautiful sense of "ministering" unto others, even though they do receive financial reward.

But the moral responsibility, apparently, is left off the lengthy curriculum, and the religious life of the average pupil nurse seems to be at low ebb. Three years make a great hole in one's youth, and the girls must be admitted while comparatively young,—many coming, for the first time, from God-fearing homes,—but the stress of long hours of work and study, together with association with more worldly-wise companions, tends to make them forget their religious duties, and the side of their life that ought to be enlarged to meet the future demands of their work is utterly neglected and left to starve and shrivel out of sight.

The valuable extra time "off duty" given on Sundays in all large hospitals is not always used to good advantage, frequently being spent in "outings" from which the nurse returns jaded in mind and body, unfitted for the coming day's work, and deriving no spiritual benefit from the beautiful, God-given day of rest, with its golden opportunities of mental and physical rest and refreshment.

What stress is laid upon the necessity of regular hours of sleep, and regularity at meals, to sustain the body! But who says to the young nurse, just beginning her training, to be faithful in her church attendance when opportunity offers, to be like Daniel in the King's Court—"to cease not daily to make his oblations unto God" and to "remember the Sabbath Day to keep it holy."

Too often the plea of "no time" or "too tired" is advanced as excuses. But who so tired, or busy, they could not attend ball or theatre should opportunity be given? Both are very commendable and refreshing for the light-hearted girl who is working hard, but not to the exclusion of the more serious duties, for who has to give of her cheerfulness, her courage, her mental support, together with physical efforts like the nurse? Therefore, who requires more renewing in all these lines?

While we all appreciate the necessity of a methodical, business-like nurse, yet there is a danger of her becoming too much so, to the repression of the gentle traits that are so essential in a womanly nurse.

And, after all, whose heart so sympathetic, whose feet more willing, or whose hands more gentle than she who sees in all humanity that Master who said to the faithful servant, "I was in prison and ye came unto me, naked and ye clothed me, sick and ye ministered unto me." H. H.

#### AN OPINION OF THE EMMANUAL MOVEMENT

DEAR EDITOR: At a convention of the Episcopal Church held in Boston in May, there was much discussion of Dr. Worcester's work at Emmanuel Church. One minister opposed its practice on the ground that "the Church, by trying to do work which it is not fitted to do, loses its power to do the work it is fitted and intended to do," and closed his argument with the following hearty tribute:

"The Emmanuel Movement has taught, as nothing else ever has, the necessity of a doctor's being a consecrated and religious man. I venture to predict that almost within ten years' time every doctor or nurse, who is not clearly a very religious person, will be discredited, no matter what the professional or technical skill." R. B. S.

#### THE FOOD PROBLEM IN THE COUNTRY

DEAR EDITOR: As a reader of the JOURNAL, I was much interested in the article in the June issue entitled "The Cookin' Lady."

Although I have done but a small amount of private work, most of it has been done among the farmers of this locality, where I have often been for twenty-four hours, or to assist at an operation. I have found that their food, as a rule, is neither palatable nor nutritious. My statement will perhaps hardly be credited when I say that their food supply consists of round steak, fried to a crisp, and boiled tea. They have, to be sure, the food material, but it is not wisely or intelligently used. I have been on farms where they had